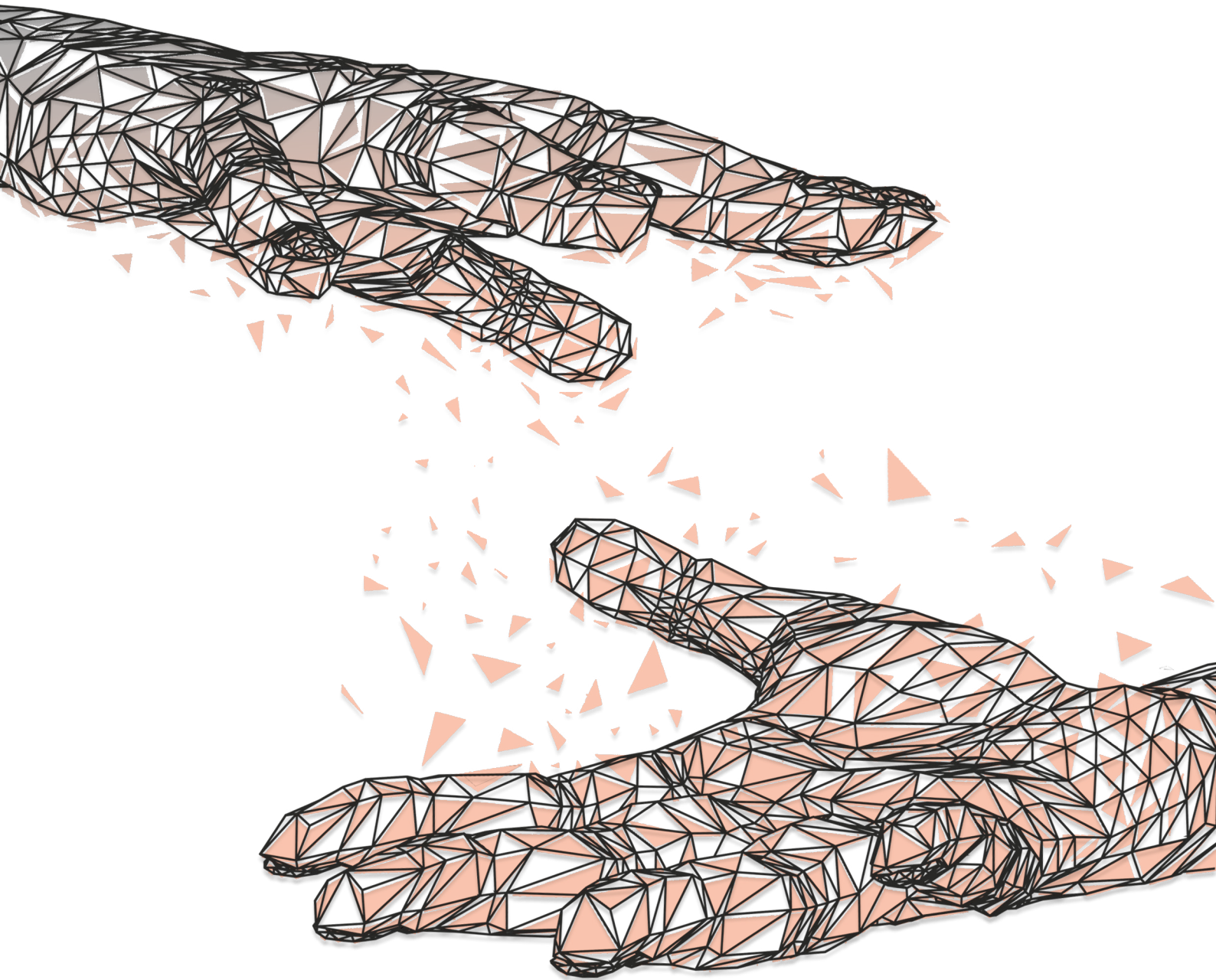


# COUNSELLING PRACTITIONER BEGINNER TO ADVANCED



HOW **PRESENT**  
IS YOUR **PAST**

## HOW PRESENT IS YOUR PAST

How present is your past? More often than not we aren't aware of the fact that where we are today in the present is a reflection of our past. Our past experiences continually interact with our present day to day lives, for example in how we go about making the decisions that we do. Whether we are aware of this or not, we are always making judgements and viewing the world in light of our past childhood memories and life experiences.

It was once said, 'the past is a lesson and the present is a gift'. We can learn a lot from our past memories, in particular, how we've related to ourselves and others in the past, and use our experience as a guide to help us consider how we can better relate to ourselves and others today. Take 10 to 15 minutes to self-reflect upon the questions outlined below that encourage you to reflect on your own past.

1. What is the earliest memory that you can remember from your childhood?  
(Try to recall a specific event or experience, not just a feeling or impression)

2. What are the impressions you have of yourself in this memory?

3. What are the impressions that you have of each of the people who are associated with your memory?

4. How has this memory contributed to the evolution of your personal history and past behaviours or actions?



## HOW **PRESENT** IS YOUR **PAST**

**5.** How might the experience you had back then have impacted the way in which you relate to yourself today?

**6.** How might the experience you had back then have impacted the way in which you relate to other people today?

